

### **AMENDMENTS TO SPECIFICATION**

This replacement paragraph will replace all prior versions of the Abstract of the application:

~~The A~~ sports practicing device (10) having a ball (12) with loops of a resilient material (14) connected in a secure manner. The loops of resilient material can be readily manufactured from known materials that are pliable to an extent yet hard wearing. ~~The An~~ elastic cord (16) passes through the loop of resilient material (14) so that the ball (12) is located approximately half way along the length of elastic cord (16) at position (18).